

The Essence of Life

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Life can be very beautiful, peaceful and enjoyable when you understand and live in harmony with it but also very miserable and unsatisfactory when you miss the essence. Many people live and die without ever enjoying the beauty of life. They have little understanding of themselves and their environment, hence pursue wrong choices which at the end of the day, render them confused, unsatisfied and unfulfilled.

Life is a pool of opportunities for us to seize or to forego, a lake of challenges for us to defeat or to surrender. Life is a sea of mysteries for us to unveil, a war of good against evil, but most of all, life is a gift for the wise and brave.

If this is life, what then is the essence of all this drama? Why were you born and why are you living. Should we believe in the story of heaven and hell? Even so, how shall we comprehend what heaven and hell are, when none has gone to see and come back to tell? Could heaven be a place of joy, happiness and everlasting life, or just a well evolved earth or some spiritual dimension? Is hell an everlasting fire, an everlasting darkness or another word for death? Is resurrection real or are we in a process of spiritual evolution, moving from one dimension to another, from one world to another? Is soul different from spirit? Is mind an intersection of both? Is matter spirit in manifestation? Or could all this "Heaven and Hell" just be a state of being independent of time and space? Are we bound by destiny or are we the creators of our destiny? Could we just be looking at two sides of the same coin thinking them to be two separate coins? Is there a spiritual dimension to life?

Like it or not, there are and will always exist, many things beyond our knowledge and understanding. Science says that we use less than 10% of our brain before we die, but I would rather interpret it as our brain understands less than 10% of the mysteries of existence before we die. No matter how many esoteric communities or how much time one might devote to the study of the mysteries of life, despite the necessary milestones that have been made, the final conclusion is still almost unclear. Nevertheless the study of the mysteries of life whether as science, arts or mysticism for the sake of human evolution remains a basic necessity.

While it's necessary to understand life in order to live in harmony with it, the truth remains that we were born to live, to grow and to multiply. We may debate about, time, space and dimensions etc., but they remain what they are whether we study, accept or reject.

Whatever the purpose of life may be, I consider it an added advantage if we chose to make the best of life while we live. However, the definition of making the best of life will vary from man to man. And people will vary in their actions towards achieving this goal.

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